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Tuesday, April 10, 2012



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Tuesday, April 10, 2012

News worth sharing.



Ottawa Senators fans cheered in front of Ottawa City Hall during the 2007 playoffs. They'll have a chance to do it all again today at 11:30 a.m. as Mayor Jim Watson celebrates the team entering the playoffs by hoisting team flags with Senators president Cyril Leeder at Marion Dewar Plaza. PATRICK DOYLE/THE ASSOCIATED PRESS FILE

A city-wide sendoff for the Senators

Playoffs. City to host ceremony, parade and pep rally ahead of Game 1 in New York



STEVE COLLINS
ottawa@metronews.ca

Mayor Jim Watson will drive a Zamboni down Elgin Street on Tuesday, officially transforming it into Sens Mile for the NHL playoffs.

"This is what mayors do," he joked, admitting this will be the first time he's piloted one of the ice-resurfacing machines. "As a kid growing up, that was one of the things you wanted to drive because it's quite a unique vehicle," he said, "so I'm looking forward to it."

Before the mayoral drive-by, Watson will raise the Sens flag at city hall and proclaim Sens Army, Wear Your Red Days.

"Even if you're not necessarily a hockey fan, it just picks up the spirits," Watson said. "People are in a good mood and they come out to restaurants and bars and legion halls and just have people over. It does help unify the community. Even the Leafs fans who are friends of mine are now cheering for the Senators since they were eliminated yet again."

The Sens face the New York Rangers Thursday night, and Watson said recent history is on Ottawa's side.

"Since the lockout we've done very well against New York," he said, "so hopefully that tradition continues, but I don't want to jinx it."

More on the Sens (page 26)

Need tickets?

The Sens have contests to help fans win seats. Details at ottawasenators.com:

- **Paint It Red.** Fans will be asked to submit a photo that demonstrates what they are doing to Paint It Red.
- **Get Your Game Face On.** Members of the Sens Army will be asked to paint their faces and submit a photo.
- **Scotiabank High Five Your Way to the Playoffs.** Fans are encouraged to follow the team's twitter feed (@NHL_Sens) for the chance to high five their hockey heroes.

Gatineau home gutted

House fire leaves eight people homeless PAGE 3

Remembering Vimy Ridge

Young and old reflect on Canada's historic battle PAGE 4

Beating those pesky allergies

There are plenty of ways to get through the season PAGE 22



Buy a six pack of Mill Street at the LCBO from April 1 to April 28 and Mill Street Brewery will donate 50 cents to Earth Day Canada. For a list of participating establishments, visit www.millstreetbrewery.com.

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Townhouse fire in Gatineau forces eight people from their homes

Blaze. Male occupant suffers minor burns to his face, but no other reported injuries



JOE LOFARO
joe.lofaro@metronews.ca

At least eight people are homeless after a fire in Gatineau Monday evening left a gaping hole in the front of a townhouse on Rue Lambert.

Firefighters received numerous 911 calls about a fire at a 244 Rue Lambert at around 2 p.m.

Acting fire Chief Michel Matthews said the fire started on the main level of the unit and spread to adjacent units.

A male occupant from 244 suffered minor burns to his face and was found outside the building when firefighters got there.

Paramedics took him

Estimated damage

\$150k

Acting fire chief Michel Matthews estimated the fire caused \$150,000 in damages.

to hospital. There were no other reported injuries, said Matthews.

Red Cross officials on site said two families were getting emergency shelter and two other families were going to stay with friends Monday night.

Matthews said the inside of unit 244 was destroyed and the roof had to be opened up as fire crews contained the blaze.

Fire and smoke damaged a second unit and damaged the roof of yet another unit. The remaining units sustained either smoke or water damage to a lesser degree.

The cause of the fire remains under investigation.



Firefighters walk past 244 Rue Lambert in Gatineau Monday after a fire completely destroyed the inside of the townhouse and caused damage to adjacent units. JOE LOFARO/METRO

Bike-shop owner turns to social media after theft



Offering a \$1,000 reward, Jose Bray said he turned to the Internet to get the word out and make the bike taken from his shop unsaleable. GRAHAM LANKTREE/METRO

When a thief smashed the front door of Joe Mamma bike shop in The Glebe and made off with a ride worth \$2,600 and cash from the till early Sunday, the store's owner turned to the Internet with a \$1,000 store credit to get the bike back.

The alarm went off at 2:44 a.m. Owner Jose Bray said he arrived on the scene within a matter of minutes and one of his first thoughts was to get on Twitter and Facebook.

"It's a limited-edition bike that's not widely available and will stand out a little more if someone is trying to sell it," he said.

"That's why we hit Twitter and Facebook to campaign for its return and get the word

Impact

"These kinds of thefts happen too often to small businesses. We just can't afford it."

Bike-shop owner Jose Bray

out among the community."

"I don't think that the thief will try to take it apart and sell the pieces," Bray said of the limited-edition brown Electra Ticino 20D, "since the bike really only holds its value as a single piece."

Video footage from the store's camera shows a hooded thief talking on a cell-phone leaving the store with the bike through the back door and driving off in what Bray believes is an SUV.

"They were specifically after that bike since it was the only thing missing besides cash from the till," Bray said.

To catch the thief, Bray said he is offering a \$1,000 store credit for information that leads to the arrest of those responsible, adding he probably won't be as lucky as he has been in the past when thieves brought bikes stolen from the shop back for repairs.

GRAHAM LANKTREE/METRO

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NEWS

On the web

Like a Rolling Stone

At the New York launch of his exhibition Faces, Time and Places, guitarist Ronnie Wood talks about The Rolling Stones heading to the studio, his solo projects and art versus music. Watch at metronews.ca

Quick thinking

Students in Washington state stopped a school bus on Monday after the driver lost consciousness. One seventh-grader grabbed the wheel while others attempted CPR. Watch at metronews.ca

Mobile news



Considering what happened to the Titanic, it's curious that so many people are fascinated by what its passengers ate. A century after the disaster, books and websites are devoted to the subject. Scan for the full story.

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Canadians remember Battle of Vimy Ridge

Ceremony. Known to many as Canada's most iconic military victory, First World War assault recalled 95 years later



JOE LOFARO

joe.lofaro@metronews.ca

Ian Murray's father, Cpl. Douglas Murray, was part of the Canadian assault that crept up on German forces in their trenches during the First World War. His father was only 22 years old at the time.

"It was a cold, cold day like today, only it was snowing, and sleet was coming into their faces," said Murray Monday morning, after the ceremony at the National War Memorial in Ottawa.

"The Germans were still in their trenches because they were scared of the creeping barrage."

The creeping barrage was, at the time, a new military strategy that involved sustained artillery bombardment that would slowly advance on enemy lines while ground troops followed close behind.

On April 9, 1917, all four divisions of the Canadian Corps fought as one as they took control of a German-held ridge in Vimy, France.

The tactic led to victory for Canada and its allies on the ridge three days later and the operation is now known by many as Canada's most iconic military victory.

Wreaths were laid to honour the more than 10,000 soldiers who lost their lives in the battle.

Murray said it was very emotional for him to attend the ceremony but that he was pleased at the youth turnout. More than 50 students from across Canada were in attendance as part of the Encounters With Canada educational program.

"When I was growing up, there was hardly any of this," he said, adding that schools should teach kids at a young age about Canada's military history.

College Notre Dame student Thomas Heyen-Dubé came from Montreal to read a poem in front of hundreds of people.

"I think they made a big sacrifice — the veterans — for us," said Heyen-Dubé.

"So I think it's just (respectful) to be here and protect their heritage that they left us."

Kaci Holmes, 17, from Kensington Intermediate Senior High in P.E.I. said it was an honour to speak at the ceremony.

"It was very moving," she said.



Members of the Canadian Forces stand guard at a wreath-laying ceremony at the National War Memorial and Tomb of the Unknown Soldier to commemorate the 95th anniversary of the Battle of Vimy Ridge in Ottawa on Monday. PATRICK DOYLE/THE CANADIAN PRESS



Ian Murray, the son of the late Cpl. Douglas Murray, stands near the tomb of the Unknown Soldier. The ceremony was an emotional one for Murray, whose father fought at Vimy Ridge. JOE LOFARO/METRO

Memories:

"The Germans were still in their trenches because they were scared of the creeping barrage."

Ian Murray, son of Cpl. Douglas Murray, retelling his father's war stories.



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
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[illegible]

Epicuria. Business lost in New Edinburgh blaze makes a comeback

After an anxious year spent hoping to return Epicuria Fine Food and Catering to Beechwood Avenue, executive chef and owner Tracey Black is opening a new location in Manor Park Wednesday.

Last year a toxic fire in New Edinburgh destroyed buildings that were home to 10 businesses.

"We were an original tenant of the New Edinburgh Centre for 20 years," said Black, "but we realized in September that the old location wasn't moving forward after the fire and we needed to consider different options."

Black says the new location is all about imagining a better future for her business. "We will be offering coffee and hot lunches now," she said. "The fire actually has opened us up to other possibilities the old site wouldn't allow."

Now a neighbour of The Works' east-end location, Black said she's excited about the potential of the growing

area since 336 acres of land nearby, which was once the Rockcliffe Airbase, is up for redevelopment.

"We're well aware of the development going on around this area of the city," she said. "And the owners have done an amazing job rejuvenating these retail spaces. We're still within our old neighbourhood, but it opens us up to a whole other market."

After the fire, Black said she was buoyed by loyal customers who made the trek to a temporary space she set up in Lowertown while focusing on the catering side of her business.

"We had really good insurance that afforded us the opportunity to stay in business throughout the past year," she said.

"I juggled with the decision of whether the company should just go back to a catering business or if we wanted more and we decided to go for it."

GRAHAM LANKTREE/METRO



More than a year after a five-alarm fire claimed its old location in New Edinburgh, Epicuria made its comeback Wednesday. GRAHAM LANKTREE/METRO

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No More Apologies organizer Jade Pichette of Pink Triangle Services. STEVE COLLINS/METRO

Trans women to address prejudice

No More Apologies. Conference will explore discrimination of trans women within the LBTTQ community

Moving forward

"We don't want to apologize anymore. We don't want apologies anymore. We just want to move forward as a community."

No More Apologies organizer Jade Pichette



STEVE COLLINS
ottawa@metronews.ca

Just as organizers were starting to get the word out about a conference on discrimination against transgender women scheduled for this weekend, the Jenna Talack-

ova story hit the news.

"It was very interesting timing," said Jade Pichette of the No More Apologies Ottawa conference, which opens at noon on Saturday at the Jack Purcell Community Centre.

Pichette saw some familiar themes in the struggle of Talackova, a trans woman, to

compete in the Miss Universe beauty pageant. "It's another example of trans women being considered not actually women and being excluded, and certainly I'd say all power to her in terms that she should be included."

Transgender women, Pichette said, often face dis-

crimination, exclusion and rejection, and some of it comes from within the queer community itself. The conference's workshops for both trans and cis women (who are identified female at birth) are aimed at addressing that prejudice and bringing the whole community together.

The main message of No Apologies Ottawa, Pichette said, is all there in the name.

"We don't want to apologize anymore, we just want to move forward as a community and not allow exclusion in our community anymore."



Nancy O'Brien CONTRIBUTED

Think Ovarian! week kicks off

Nancy O'Brien hopes that the City of Ottawa's proclamation of Think Ovarian! Week will give a needed boost in raising awareness about identifying ovarian cancer.

The ovarian cancer survivor said raising awareness is key because the disease often goes undetected.

"Ovarian cancer is disturbingly enough called the whispering disease because it mimics so many of the symptoms that women have on a monthly basis," said O'Brien.

Symptoms include cramping, bloating, back pain and changes in eating habits. "It's really similar to any kind of cyclical issue that we have."

O'Brien found out she had the disease in 2006 after a random ultrasound, and doctors had to remove her right ovary after they found it had a malignant tumour.

She advises other women to talk to their doctors if they exhibit the symptoms for more than a few of weeks.

Mayor Jim Watson offi-

cially proclaimed April 8 to 14 Think! Ovarian Week in Ottawa, which ends with the fourth annual Reliving Old Hollywood Gala fundraiser at the Royal Ottawa Golf Club.

O'Brien founded it in 2007 to raise money for Ovarian Cancer Canada. Funds raised will be earmarked for ovarian cancer research, she said.

She added that the gala is meant to be a celebration of the families who have been touched by ovarian cancer.

JOE LOFARO/METRO

[illegible]

Transgender model tells story in TV interview

Reinstated.

Vancouver's Jenna Talackova allowed to compete in Miss Universe Canada, says Donald Trump

Miss Universe contestant Jenna Talackova has a boyfriend and hopes to have two kids some day, but didn't initially tell him she was born male, the transgender Canadian beauty queen said Monday.

In an interview with ABC Television's Good Morning America, Talackova said she and her boyfriend of two and a half years needed to get to know each other as friends before she told him about her sex-change procedure.

"Of course I had to let him



Jenna Talackova, left, poses with ABC's Barbara Walters in New York. HEIDI GUTMAN/ABC/THE ASSOCIATED PRESS

know," Talackova said.

"He was very supportive, very accepting. He saw me for who I was."

Talackova was asked whether she wants to have children. She replied, without elaborating, "Yes, I want to have two children."

Talackova, 23, had already made the Miss Universe Canada final before pageant organizers unleashed a wave of global media attention last month by disqualifying her on the basis she had to be a "naturally born" female.

Pageant owner Donald Trump finally stepped in and overruled that decision, reinstating her ahead of the May 19 Miss Universe Canada contest.

High-profile American lawyer Gloria Allred said Trump did the right thing by allowing Talackova to stay in the competition, because the disqualification was simply wrong, something that should be recognized globally.

"We wanted Donald Trump to step up and be a leader in this battle for equality (and) we're very happy that he has conceded," Allred said.

THE CANADIAN PRESS



Marking the Queen's 60th year on the throne

A sculptor at Madame Tussauds London puts the finishing touches on the new wax figure of Queen Elizabeth II, which will portray Her Majesty as she appeared in the official jubilee portrait photograph released in December 2011. MADAME TUSSAUDS/THE ASSOCIATED PRESS

Next question

Expert asks: What can the F-35s do?

An expert who's tracked the controversial F-35 stealth-fighter program says the Canadian government is not going far enough — and should conduct a thorough audit of what the new jet

can and cannot do.

Winslow Wheeler, of the Washington-based Centre for Defence Information, says the debate following last week's auditor general report needs to move beyond the eye-popping cost and muddled procurement process.

The Harper government last week committed to reviewing the acquisition

and sustainment costs of the F-35, among other things.

Wheeler, who's testified before Parliament and spent years working for the U.S. General Accounting Office, says auditor general Michael Ferguson's report was actually tame, and what's needed now is an independent, fact-based analysis of the claims made by the manufacturer.

THE CANADIAN PRESS

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Investigation. Canadian navy may be linked to endangered orca's death

The corpse of a young killer whale whose death may be linked to Canadian war games has prompted an investigation by U.S. authorities.

The body of the southern resident orca — an endangered species in the United States — was discovered on Long Beach in Washington state in February, just days after HMCS Ottawa conducted sonar training exercises in the waters off Victoria.

A preliminary examination indicated significant trauma around the head, chest and right side of the orca known as L112, but results of necropsy

and pathology tests and a scan of the animal's head are incomplete. Just hours after the navy sonar tests were heard, southern resident killer whales were spotted in the same area in the Haro Strait that divides Canada and the United States.

The law-enforcement office of the U.S. National Oceanic and Atmospheric Administration, or NOAA, has launched an investigation into the death. Brian Gorman, with NOAA's National Marine Fisheries Service, said investigators haven't made a connection between the naval exercise and the death of the whale. THE CANADIAN PRESS



The body of a three-year-old female killer whale washed up on Long Beach, Wash., in February. Experts are trying to find out if sonar testing by a Canadian naval ship may have contributed to the death. CASCADIA RESEARCH/CONTRIBUTED

Quebec quarrel

Massive student protest planned

Students are fighting Quebec's plan to raise tuition by nearly 75 per cent over five years — a jump that would still leave provincial tuition among the lowest in Canada.

Protest organizers also say they are planning a massive demonstration in Montreal for this Saturday — to mark the ninth anniversary of Jean Charest's election as premier on April 14, 2003.

THE CANADIAN PRESS

Alleged stalker

Quebecer arrested near actor's home

New York City police are confirming they have arrested a Quebec woman for allegedly stalking actor Alec Baldwin.

A police spokesman says Genevieve Sabourin was arrested last night at Baldwin's Manhattan home. She was arrested and charged with aggravated harassment and stalking. Sabourin has not yet been arraigned.

THE CANADIAN PRESS



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Murder one ruled out in Florida teen's killing

Neighbourhood-watch shooting.

Decision on whether to charge unarmed teen's shooter in hands of special prosecutor

A grand jury will not look into the Trayvon Martin death, a special prosecutor said Monday, eliminating the possibility of a first-degree murder charge and leaving the decision of whether to charge the teen's shooter in her hands alone.

Angela Corey said her decision had no bearing on whether she would file charges against George Zimmerman, the neighbourhood-watch volunteer who has said he shot the unarmed black teen in



Family photo of shooting victim Trayvon Martin.
FILE PHOTO / THE ASSOCIATED PRESS

self-defence. Corey could still decide to charge him with a serious felony such as manslaughter, which can carry a lengthy prison sentence.

The case has led to protests across the U.S. and spurred a debate about race and the laws of self-defence. Martin was black; Zimmerman's father is white and his mother is Hispanic.

Zimmerman has claimed self-defence in the Feb. 26 confrontation and shooting. Florida's self-defence law gives wide leeway to use deadly force and eliminates a person's duty to retreat in the face of danger.

A grand jury had been set to meet Tuesday. Corey has long had a reputation for not using grand juries if it wasn't necessary.

Corey's decision means she doesn't have to rely on potentially unpredictable jurors, said David Hill, an Orlando criminal defence attorney.

THE ASSOCIATED PRESS



Working to save trapped miners in Peru

Rescue workers cut logs during the rescue operation to save nine trapped miners at the Cabeza de Negro gold and copper mine in Yauca del Rosario, Peru, on Monday. MARTIN MEJIA/THE ASSOCIATED PRESS

Three dead

Tulsa shooting suspects appear in court

Two Oklahoma men suspected in a shooting rampage that left three people dead and terrorized Tulsa's African-American community made their first court appearance Monday.

Jake England, 19, and Alvin Watts, 32, are being held on suspicion of three counts of first-degree murder, two counts of shooting with the intent to kill and one count of possession of a firearm in the commission of a felony. THE ASSOCIATED PRESS

High-profile trial. Jury selection starts in killing of Oscar winner's relatives

A judge will question would-be jurors as jury selection begins in earnest Monday at the Chicago trial of the man accused of murdering singer and Oscar-winning actress Jennifer Hudson's mother, brother and nephew.

Hudson, who was not in Chicago at the time of the killings, told investigators she was in touch with her mother almost every day and became concerned when she couldn't reach her by late morning on Oct. 24, 2008.

Hours later, the bod-

ies of her mother, Darnell Donerson, 57, and brother, Jason Hudson, 29, were found shot to death in the family home. The body of her seven-year-old nephew, Julian King, was found days later in a sport utility vehicle several kilometres away.

Selecting 12 jurors and six alternates able to set aside sympathy for the Hollywood star and assess guilt only according to evidence presented in court against William Balfour could pose a challenge.

THE ASSOCIATED PRESS



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Foreign help expected after fatal Pakistan avalanche



In this Feb. 19 file photo, Pakistani army soldiers with the 20th Lancers Armored Regiment carry supplies up the 2,400-metre mountain near their outpost, in Pakistan's Dir district. ANJA NEIDRINGHAUS/THE ASSOCIATED PRESS

An avalanche that buried more than 120 soldiers in a Himalayan region close to India has put a spotlight on what critics say is one of world's most pointless military deployments: Two poverty-wracked nations engaged in a costly standoff over an uninhabitable patch of mountain and ice.

Since Saturday morning when the massive wall of snow engulfed a Pakistani military complex close to the Siachen Glacier, rescue teams have been unable to dig up any survivors. There is now very little hope that even a small number of people will come out alive.

A team of U.S. military experts was expected to arrive at the site Monday to assist in the rescue efforts, according to an American official.

The team flew in from Afghanistan after the Pakistani army asked for help, the official said on condition of anonymity because he was not authorized to brief the media.

The U.S. military helped Pakistan after the 2005 Kashmir earthquake and floods in 2010, ventures that Washington used to bolster efforts to strengthen its ties with Islamabad, vital in the fight against al-Qaida. The current mission is far smaller, and comes amid a near-breakdown in relations between the two countries.

Switzerland and Ger-

many are also sending small teams of experts to help, said the Pakistani army.

The missing soldiers are part of the Pakistani military deployment to the Siachen Glacier, which forms the northern part of Kashmir region, disputed between Islamabad and India and the main source of tension between the nuclear-armed rivals who have fought three wars since 1947.

The conflict over Siachen began in 1984 when India occupied the heights of the 78-kilometre-long glacier, fearing Pakistan wanted to claim the territory. Islamabad also deployed its troops.

THE ASSOCIATED PRESS

Sunday's deadly slide

At least 124 soldiers and 11 civilian contractors were buried, the military said.

- The avalanche plowed into the headquarters at Gayari sector, which is at the entrance to the glacier, and buried the complex under more than 20 metres of snow.
- There are temperatures as low as -60 C, vicious winds and altitude sickness — the region is just east of the world's second-highest peak, K-2.



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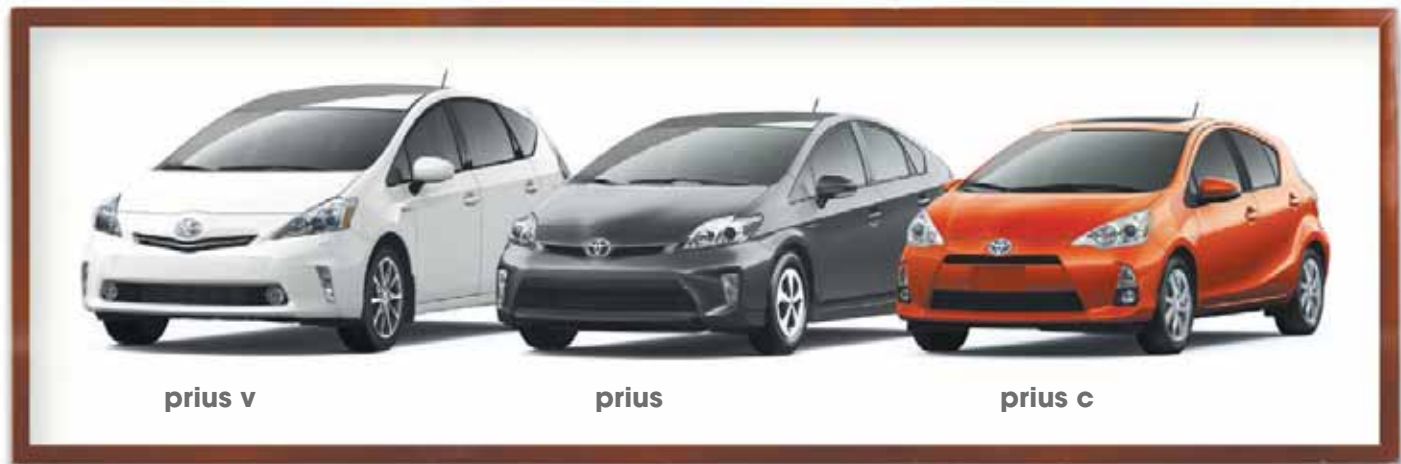


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MOVIN' ON UP TO A DELUXE

Thinking of retiring on Mars? It could be a thing of the not-too-distant future, but blasting off remains expensive, and not a priority for earthly governments



ELISABETH BRAW
Metro World News

Astronauts can live in space for six months, so what's to stop others from spending half a year there, too? Or living there permanently?

Very little.

"An American millionaire who has made a fortune on hotels is already trying out inflatable space stations for use as space hotels," notes Chris Welch, lecturer in astronautics and space systems at the International Space University in Strasbourg, France.

"Once we have hotels in space, living in space won't be very far away."

The millionaire, Robert Bigelow, runs the company Bigelow Aerospace, whose space capsules will provide long-term accommodation for up to six people.

Galactic Suites also plans space hotels, while Richard Branson's Virgin Galactic intends to launch short-term space flights to lower orbit.

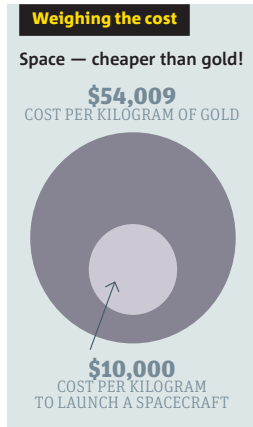
PayPal co-founder Elon Musk, who now runs space-exploration company SpaceX, says he'd like to retire on Mars.

And at universities around the world, researchers are designing the buildings, furniture and even games for humans in space.

The human colonies could float in lower orbit, as does the International Space Station, or even be built on the moon.

But even though the science and engineering exists, outer space remains uninhabited by humans.

"It's not a technical problem, but a political one," ex-



plains Larry Bell, professor of space architecture at the University of Houston.

"Politicians are trying to fix the economy and national and international problems, so space isn't a priority. It's seen as too expensive."

Launching a spacecraft carries a price tag of some \$10,000 per kilo.

Space agencies and private companies, however, are undeterred. NASA is even developing new space food for the expected increase in space travellers.

"Because there's no gravity, you can't even fry an egg in space," explains Alvin Drew, a NASA astronaut and head of NASA's advanced exploration systems habitat demonstration unit.

"But until now, the space food could only last for one to two years. Just going to Mars takes 18 months. So our food laboratory is developing new ways of cooking in space. It's still prepared food. But if you inject it into liquid you get a meal that's tastes very good. I just ate a space steak that tasted just like the real thing."

In the end, leaving Earth may become a necessity.

"Building space colonies will increase our chances of surviving," says Welch.

"Space exploration is humans' insurance policy."

Reluctant investors

Big space, little interest

The University of Houston's world-famous space-architecture program, headed by Larry Bell, has developed many of the buildings and furniture that could be used in space colonies.

But, says Bell, the number of applicants to the program has been dropping for the past several years.

"Young people see no future in space exploration,"

he notes.

That's because, five decades after John F. Kennedy announced the U.S. would send a man to the moon, the space race with the Soviet Union is over and politicians are reluctant to make major investments in space.

"Space isn't expensive compared to other things we spend money on," reflects Bell. "But as far as governments go, space now seems to be perceived as a burden."

ELISABETH BRAW/
METRO WORLD NEWS

MOON TOWN

Moon, the Earth's natural satellite, is the closest large celestial body to our planet. It's being pegged as our first location for space colonization, with plans to build a permanent base there by 2020.

POPULATION

180

LOCATION

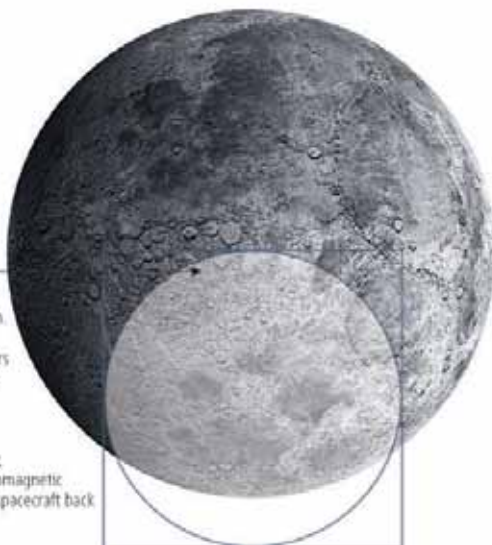
South Pole region

Region has longest exposure to the sun.

High elevation offers visibility over large area.

TRANSPORT

Lunar rovers (local);
Mass driver (electromagnetic catapult to launch spacecraft back to Earth)



BUILDINGS

Modules built on the surface, covered by lunar soil. Fused soil protects modules from air leakage, radiation and micrometeoroids.

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Thrusters on full: Sex in space



Has anyone had sex in space? Leia and Han try to make time. 20TH CENTURY FOX

Anybody who has seen *Barbarella* or *Flash Gordon* will know that space is a sexy place, populated with lustful aliens and new possibilities.

But having a sex life in space is not as straightforward as Hollywood suggests, and would represent a giant leap for mankind. With Earth's resources diminishing, humans need space. They also need sex, and the species' survival may depend on erotic breakthroughs on these, the big questions.

Has anyone had sex in space?

Nobody's admitted it, although cheeky California scientist Dr. Rhawn Joseph says there are rumours of a couple "sealing the deal" on the International Space Station. In 1991, Jan Davis and Mark Lee became the first married couple to fly

together, breaking NASA rules designed to keep team harmony, but they are believed to have resisted temptation.

Is it even possible?

"The fantasy might be vastly superior to the reality," says spoilsport NASA physician Jim Logan, pointing to motion sick-

ness and the "messy environment" it would create. In 2000, French science writer Pierre Kohler claimed that NASA had been testing zero-gravity sex in different positions but it was revealed to be a hoax. NASA says it has never conducted any such research but is not against sex in principle, as

long as astronauts have "a constant commitment to honourable behaviour."

What is the best space-sex tech available?

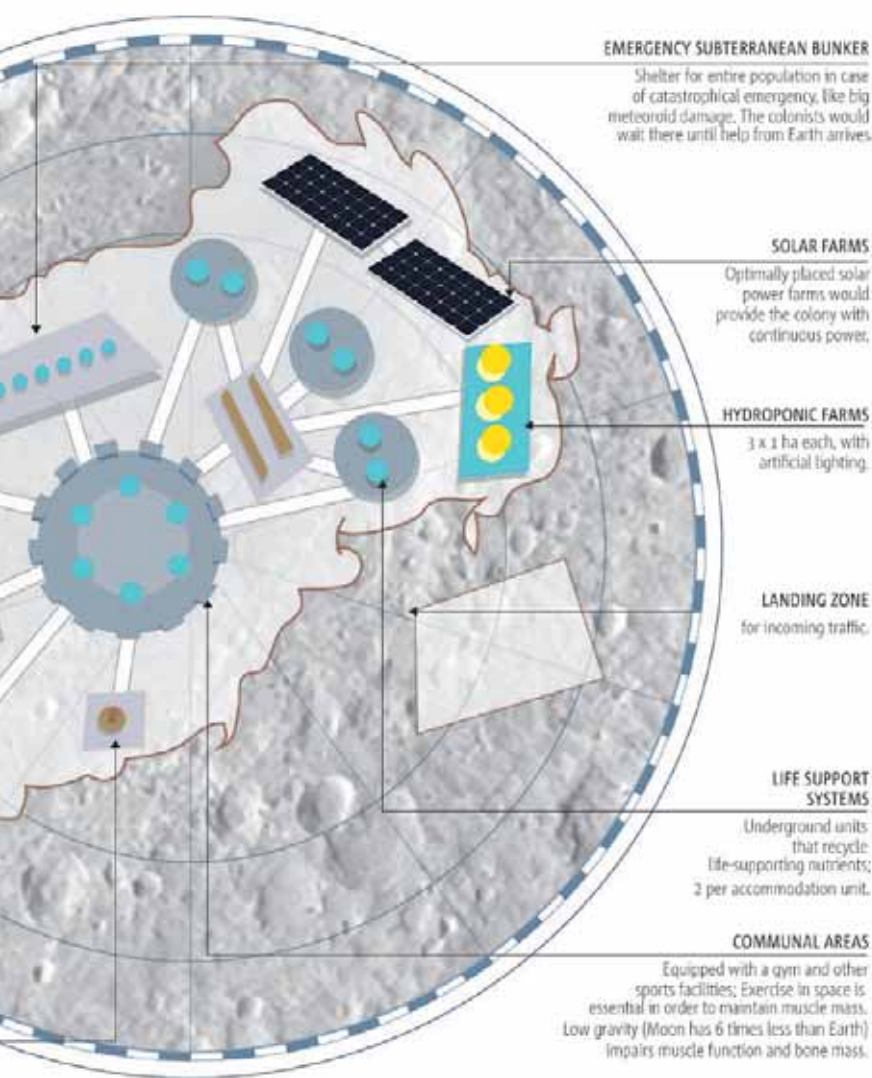
Probably actress/writer Vanna Bonta's "2 Suit," which uses light, flexible material that a couple can share playtime in. "Sex in space is not just a good idea, it's survival," said our hero. Real-estate billionaire Robert Bigelow is also ahead of the game with his Genesis prototype space hotel.

Could a baby be born in space — and would it be human?

Yes and no. "If you put an infant on Mars, they would adapt to the new environment," says Joseph, a neuroscientist. "And after several generations, you'd have a new species."

KEIRON MONKS/METRO WORLD NEWS

APARTMENT IN THE SKY



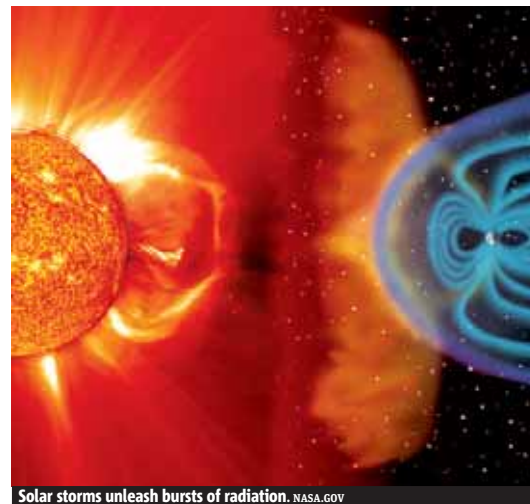
GRAPHIC: MIA KOBRAI, TEXT: DANIEL DENWISH

Seeking shelter from the storms in space

Just as Earth has sun and wind, so does space. In fact, the space weather presents a crucial challenge to human habitation.

"Space weather is not about sun and wind," explains Dr. John Farrow, professor of space applications at the International Space University. "It's about plasma and radiation. But it does have as much variation as our weather down here. In the most extreme circumstances, the weather can terminate a space mission."

The space equivalent of rain is radiation, which rains down on astronauts and forces them to carry "umbrellas" — radiation-proof space suits — or stay inside their capsule.



Solar storms unleash bursts of radiation. NASA.GOV

Weather everywhere

"Space weather is not about sun and wind. It's about plasma and radiation. But it does have as much variation as our weather down here."

Dr. John Farrow, professor of space applications, International Space University

"But just like a regular umbrella doesn't fully protect against rain, a 'space umbrella' doesn't fully protect against radiation," notes Farrow. "And the problem with radiation is that you can't see it."

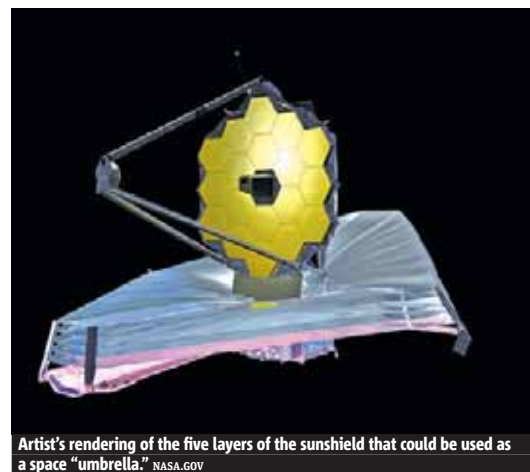
Radiation, of course, causes chronic illnesses like cancer.

"On the moon you have no protection against space weather," explains Prof. Alex Ignatiev, director of the Center for Advanced Materials at the University of Houston.

"If we're going to live there, we'd need a one-to-two-metre-thick layer of lunar sand on top of the capsule. Lunar sand absorbs radiation from the sun. Mars would be a little easier because it has a bit of atmosphere. But space weather is a major challenge."

On the other hand, the moon has water, and is easily accessible from Earth. But if humans are to establish space colonies, they have to design space suits that will provide complete protection against radiation.

They also have to design space capsules that can withstand sudden weather changes and fluctuating temperatures.



Artist's rendering of the five layers of the sunshield that could be used as a space "umbrella." NASA.GOV

Not surprisingly, space agencies have entire teams dedicated to space weather, but they face a daunting task: Creating weather-proof gear that weighs very little. Weight is an essential issue as each kilo of payload costs \$10,000 to launch into space.

In the meantime, space agencies have developed a new capability — and one that will be extremely useful even to us earthlings: Space-weather prediction.

"They can tell what's coming and issue an alarm to companies operating satellites," says Farrow.

"If the companies don't react, the satellites can be destroyed."

That would mean no cellphone calls, no satellite-beamed TV, no cloud-computing.

ELISABETH BRAW/METRO WORLD NEWS

Q&A

'Next step will be the moon'

A Q&A with Alvin Drew, director of NASA's advanced exploration systems habitat demonstration unit.

When will we live in space?

Our goal is to explore Mars within 25 to 30 years. To reach that goal, we'll start by exploring asteroids, and keep exploring the moon. And to do so, we need human habitats on the Moon and these asteroids.

What will habitats look like?

Very different from the International Space Station. They won't look different on the outside, but

the difference is that the ISS is in lower orbit, within Earth's magnetic field, which protects us from radiation. A habitat farther away from Earth needs huge radiation protection. And farther

away from Earth there's never a sunset, so your body doesn't know what time of the day it is. Then there are speed delays: Even if you're communicating at the speed of light, a signal takes 20 minutes to reach Earth.

That's very different from the ISS, where we have cameras that literally look over the astronauts' shoulders and we can communicate immediately.

METRO
WORLD NEWS



In Metro Wednesday

- **Exploring the cosmic kitchen.** Metro takes a look at what's on the menu in space.

In Metro Thursday

- We reveal the Canadian finalist for our Metro Race for Space contest.

More at metronews.ca

- **Suiting up:** Designers best known for dressing Lady Gaga and Rihanna reveal their take on a spacesuit.
- **Angry astrophysicist:** Neil deGrasse Tyson reviews Angry Birds Space.



Tech deal. AOL selling more than 800 patents to Microsoft for \$1 billion

Faltering Internet icon AOL was able to squeeze out more than \$1 billion US from Microsoft for a trove of some 800 patents in an auction, the latest sign of just how valuable such portfolios can be for the world's biggest technology companies.

"There is a fight for market share occurring on multiple fronts — technology, patents, advertising," said Colin Gillis, an analyst with BGC Financial who covers Microsoft. "Microsoft, more so than others out there, has been (using) its patent portfolio as a way to generate licence fees. This should strengthen that."

Patents have become a hot commodity in the high-tech industry in recent years. They're useful both for attack (suing competitors) and for defence

Online edge

- Microsoft refused to say what the patents cover. Benchmark analyst Clayton Moran said they revolve around Internet technology, including advertising, search and mapping. This would help Microsoft go up against Google, a big rival that is ahead in all three areas.

(warding off lawsuits with threats of countersuits).

AOL's stock rose \$7.83, or 43 per cent, to \$26.25 in midday trading, adding more than \$750 million to its market capitalization. **THE ASSOCIATED PRESS**

Market Minute



DOLLAR
100.35¢
(-0.27¢)



TSX
12,018.5 (-84.61)



OIL
\$102.46 US (-85¢)

Natural gas: \$2.107 US (+1.8¢)
Dow Jones: 12,929.59 (-130.55)



GOLD
\$1,643.90 US (+\$13.80)

Facebook buys photo app Instagram for \$1 billion



The Instagram app is used on an iPhone Monday in New York. Facebook is paying \$1 billion to acquire the service. **KARLY DOMB SAID/THE ASSOCIATED PRESS**

Picture perfect.

Social-networking giant looking to expand its mobile presence with the acquisition

Facebook is spending \$1 billion US to buy the photo-sharing company Instagram in the social network's largest acquisition ever.

Instagram lets people apply filters to photos they snap with their mobile devices and share them with friends and strangers. Some of the filters make the photos look as if they were taken in the 1970s or on Polar-

Online sharing

"We think the fact that Instagram is connected to other services beyond Facebook is an important part of the experience."

Facebook CEO Mark Zuckerberg

oid cameras.

"This is an important milestone for Facebook because it's the first time we've ever acquired a product and company with so many users," CEO Mark Zuckerberg wrote on his Facebook page. "We don't plan on doing many more of these, if any at all."

Facebook said it plans to keep Instagram running independently. That's a departure from its tendency to buy small startups and integrate the technology — or shut them down altogether just so it can hire talented engineers and developers.

Facebook is paying cash and stock for San Francisco-based Instagram and hiring its 10 employees. The deal is expected to close by the end of June.

Facebook is expected to complete its initial public offering of stock next month. Getting Instagram is a big win for Facebook as it works to harness people's growing obsession with their mobile devices and sharing every moment of their lives. Instagram was only available on Apple devices until recently. An app for Android devices was released last week.

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Business optimism on the rise

Business optimism in Canada is rising sharply as the gloom of the winter months appears to be giving way to better expectations for sales, hiring and investment, a new Bank of Canada survey suggests.

The quarterly survey of senior management from 100 representative firms, conducted over four weeks in February and March, found the outlook for future sales among the most positive since the recession.

It showed 58 of the respondents expected higher

sales in the next 12 months, as opposed to 23 who expected fewer.

That put Bank of Canada's important measure of business confidence at a positive 35, a big turnaround from the negative four balance of opinion in its January report.

It follows an unexpectedly strong employment report last week from Statistics Canada, which said 82,000 jobs were added in March, reversing what had been a few months of modest employment downturns.

"The good Canadian news just keeps rolling," said Derek Holt, an economist with Scotia Capital.

The snap-back in business confidence, while encouraging, raises the risk of the central bank moving to hike interest rates later this year, although there is no urgency, added Bank of Montreal's deputy chief economist Douglas Porter.

For that to happen, he said, "firmer business sentiment has to translate into firmer growth." **THE CANADIAN PRESS**

Regional rates

TD Bank says persistently strong oil prices are giving the economies of resource-rich prairie provinces a turbo-boost, while others will see sluggish growth.

- The most populous provinces, Quebec and Ontario, will continue to struggle with growth rates of 2.0 and 2.1 per cent respectively in 2012, and only slightly better in 2013.

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I DON'T CARE ABOUT YOUR KLOUT SCORE



SHE SAYS...
Jessica Napier
metronews.ca/shesays

I recently received an email letting me know that I had FINALLY achieved a Klout score in the 40s, 45 to be precise. What tangible impact has this had on my everyday life? Abso-

lutely none.

Founded in 2008, Klout.com allows users to measure their fluctuating influence across the social web. While "clout" refers to real political or social power, Klout with a "K" is a much more superficial unit of measurement, much like anything from the Kardashian Kollection.

Users relinquish all sorts of private data from their various social networks — Twitter, Facebook, LinkedIn — and Klout compiles a score ranging from one to 100. This influence score reflects your ability to drive action within your social circles.

I first learned about Klout at a web conference I attended last year. I registered immediately, a decision based on equal parts curiosity and vanity. After determining my score and realizing just how irrelevant it was, I completely forgot about my account.

Scope of influence

While I was quick to dismiss Klout, many are eager to find out where they land on the barometer of influence. To date, the San Francisco startup has assigned Klout scores to over 100 million people and brands worldwide.

But while I was quick to dismiss it, many are eager to find out where they land on the barometer of influence. To date, the San Francisco startup has assigned Klout scores to more than 100 million people and brands worldwide.

Interestingly, Klout not only tells you who you are influencing and how much, but what topics you are influential about. However, based on my personal experience, the accuracy of these insights varies from spot-on

to absolutely absurd.

Here are some of the peculiar subject areas that I am apparently influential about: the New York Jets, animals, diamonds. I can guarantee that I have never made an online (or offline) reference to the New York Jets in my life, so who knows what sort of obscure logarithms they use to come up with this nonsense. As an animal-indifferent individual with a non-existent diamond collection, I'm pretty skeptical on whether these insights into my online reputation are really all that significant.

In a recent study titled The Rise of Digital Influence, author Brian Solis questions the accuracy of Klout and similar measurement tools that rank users' online social capital. Solis suggests that in reality these arbitrary numbers aren't a reflection of an individual's true influence or capacity to influence but of their online visibility.

As social media becomes less about socializing and more about shameless self-promotion, companies like Klout certainly aren't going anywhere. And while I'm sure there's some real value in analyzing online engagement, this quantification of influence has also created an army of self-important tweeters obsessing over their personal brand.



A shop in Tahrir Square is spray-painted with the word "Facebook" after the government shut off Internet access in this Feb. 4 file photo. Klout.com allows users to measure their social influence, but the accuracy is up for debate.

PETER MACDIARMID/GETTY IMAGES

Weather — a 'guilty pleasure'



Visitors stand under cherry trees in blossom by the Tidal Basin March 19 in Washington, D.C. It's been so warm in the United States this year, especially in March, that national records weren't just broken, they were deep-fried. ALEX WONG/GETTY IMAGES

Not your average March

High temperatures alarm experts

Temperatures in the lower 48 states were above normal for March, according to calculations by the National Oceanic and Atmospheric Administration in the U.S. That far exceeds the old records.

The magnitude of how unusual the year has been in the U.S. has alarmed some meteorologists who have warned about global warming. One climate scientist said it's the weather equivalent of a baseball player on steroids, with old records obliterated.

THE ASSOCIATED PRESS

Global 'warning'?

"Everybody has this uneasy feeling. This is weird. This is not good.... It's a guilty pleasure. You're out enjoying this nice March weather, but you know it's not a good thing."

Jerry Meehl, climate scientist who specializes in extreme weather at the National Center for Atmospheric Research in Boulder, Colo.

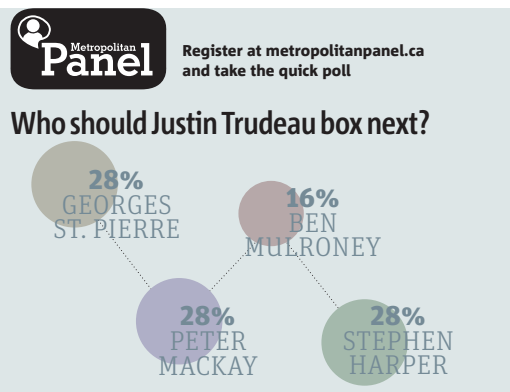
The facts

- It's important to note that this unusual winter heat is mostly a North American phenomenon. Much of the rest of the Northern Hemisphere has been cold, said NOAA meteorologist Martin Hoerling.
- The atypical heat goes back even further. The U.S. winter of 2010-2011 was slightly cooler than normal and one of the snowiest in recent years, but after that things started heating up.
- The summer of 2011 was the second-warmest summer on record.

Record-breaking

1.4

The first quarter of 2012 broke the January-March record by 1.4 degrees. Usually records are broken by just one- or two-tenths of a degree. U.S. temperature records date to 1895.



Twitter

@chriswoodsca: I was the only passenger on 2 out of 3 buses this morning. Wishing I was home in bed like the rest of Ottawa. #EasterMonday

@mrjohndcarter: Ottawa today is like a scene from #WalkingDead today with all the feds and their "banking holiday"

@mirgray: I fear I might be one of a very small number of average citizens at the #Vimy memorial here in

#Ottawa. #sad #proud

@SuessManZada: Mayb i'm bitter or mayb its because they have owned my isles since i can remember but i think Ottawa is going 2 crush Ranger dreams #NHL

@rakerman: Does Sparks Street Mall really need a banner every 5 metres saying "Sparks Street Mall"? #ottawa #urbanott

2

SCENE

Scene in brief

Stars to
earn their
stripes

A new TV competition series that tests celebrities against the demands of military exercises will be produced for NBC. *Stars Earn Stripes* is the working title of the show from veteran producers Dick Wolf (*Law & Order*) and Mark Burnett (*Survivor*, *The Voice*). Nine celebrities from music, sports and Hollywood will be paired with trainers at a "top-notch, secret training facility," the producers said. The contestants will face weekly challenges such as hostage-rescue exercises or placing a laser target atop a mountain. Burnett, who joined the British military at age 17 and served as a paratrooper, said celebrities and the audience will realize how "hard and scary" such tasks are. An air date for *Stars Earn Stripes* wasn't announced.

On the web



Loud and clear: Country star Keith Urban enjoys benefits of surgery, performs at Hall benefit



Conor Maynard's vocals are impressing some big names in the music world. LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

Move over Bieber, here comes a Brit

New talent. British teen Conor Maynard is set to debut a single after being discovered on YouTube. Sound familiar?

Being called the new Justin Bieber has put British singer Conor Maynard on the music world's radar.

The 19-year-old from Brighton has gone from uploading videos of himself singing at home to working with Pharrell Williams on his debut album in Florida.

Maynard realized that by putting up covers of current tracks, people would stumble across his own versions. The results were impressive — NeYo offered to work with him after

watching his version of Beautiful Monster and Chris Brown retweeted the video of his Yeah 3x. Maynard couldn't believe his luck.

Actually, he was so skeptical he insisted on a chat with NeYo, to make sure it was the real R'n'B deal, rather than his friends joking around.

"It was about midnight when I was on Skype to him, everyone in my house was asleep," Maynard told *The Associated Press*.

"So I was like, 'Hi, NeYo.' That kind of killed any star-struckness — I had to talk really quietly."

Record company interest followed and now Maynard is dropping his debut single, *Can't Say No*, on April 20 through Polydor.

The comparisons with Bieber aren't that far off the mark. Both got their break via

YouTube, both were mentored by an established rhythm and blues star (Bieber's being Usher) and both, while inspired by American urban music, are foreigners.

"In terms of the music, it ends there," says Maynard.

"(I have) a very different sound. But it's obviously flattering to be compared to one of the biggest artists in the world right now when I haven't even released my first single yet."

His talent was discovered when he was overheard singing to himself on the way home from school in Brighton, a hip coastal town in southern England.

His friends kept asking him to perform, so he started putting videos online to keep them happy.

Soon after NeYo spotted him, record companies caught on and he signed with Polydor

in the U.K. MTV has picked him as being one to watch for 2012 after he won their Brand New competition.

Thanks to Maynard's online following, *Can't Say No* has already clocked up over three million views in a month. He's also got 124,560 followers on Twitter — and the number is rising.

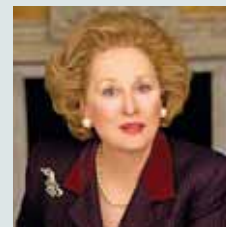
Can't Say No is reminiscent of Justin Timberlake's vocals, with a catchy "Houston, I think we got a problem" hook.

An album is set to follow this summer and it has already gone down well with his five-star friends. Maynard has played it for Pharrell, Ludacris, Tyler The Creator, Lil Wayne and NeYo, among others.

"They've heard all the tracks I was doing and what I'm planning to do — they're really excited about it as well," he said.

THE ASSOCIATED PRESS

DVD reviews



The Iron Lady

Director. Phyllida Lloyd

Stars. Meryl Streep, Jim Broadbent, Richard E. Grant

Phyllida Lloyd's biopic on Margaret Thatcher takes its title from the nickname of Britain's first female prime minister, who was hailed by some and cursed by others when she headed the government from 1979 to 1990.

The film's 2011 theatrical release gathered similar extremes of reactions. But nearly everyone agrees on one thing: Meryl Streep gives a towering performance in the title role. She was rewarded with a best-actress Oscar for a portrayal that takes Thatcher from shopkeeper's daughter to young bride, and from powerhouse in parliament to tottering, demented old widow. Lloyd, and writer Abi Morgan, use the controversial device of the ghost spouse. Thatcher's late husband, Denis, played by the reliable Jim Broadbent, appears frequently as Thatcher's spectral companion, offering advice and admonishments with loving devotion. It's a difficult trick to pull off, and its use here has not been universally applauded. But to me, it's a perfect evocation by two superlative actors of the almost supernatural bond that longtime couples achieve.

PETER HOWELL

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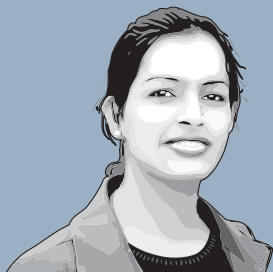
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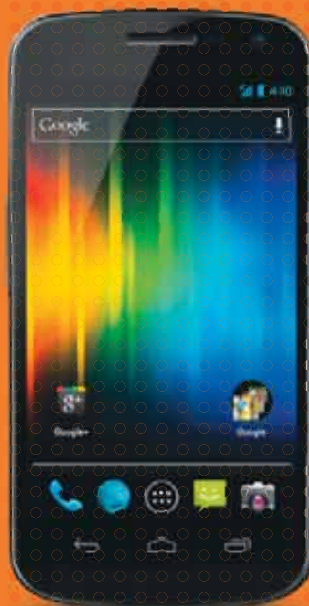
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Here comes the Biel: Jessica's going gown shopping?



Jessica Biel ALL PHOTOS GETTY IMAGES

Jessica Biel is a bride-to-be on a mission.

The actress, who is reportedly engaged to Justin Timberlake, embarked on a seven-hour shopping spree in Paris Friday — with stops at at least two major bridal designers,

according to People magazine. Biel's assistant, at her side the whole time, was reportedly toting a massive wedding planning book.

Sources have speculated that the couple will tie the knot this summer.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Katy Perry is 'tired' of her fabricated fame. Zzzzzz.



THE WORD
Dorothy Robinson
scene@metronews.ca

Oh boo-hoo: Katy Perry, one of the most manufactured pop stars of the past decade, is fed up with fame, according to Teen Vogue.

"I'm tired of being famous already! But I'm not tired of creating. Fame is, I think, just a disgusting by-product of what I do," Perry tells the magazine. "It's a delicate creature — a wild animal of sorts. It can love you, and then it can attack you. But really, I stopped focusing on what other people think a



while ago."

Oh, so you wearing an ice cream bra, marrying a super-famous actor and then divorcing him, riding Teenage Dream into the ground until it yielded as many No. 1 singles as Thriller and then releasing yet another version of the album (The Complete Confection) are all ploys to keep you under the radar? Yes, that totally makes sense.

Being famous and then complaining about being famous is so tiring. You can give it all up and live in a yurt, you know. It's not that hard to not be a celebrity anymore. Just look at Tiffany.

Twitter



@JessicaSimpson

Last chance to see me "fat" aka PREGNANT on the cover of Elle :) I loved this shoot, only on stands for a few more days!!!



@LeslieMann

Just cut my lip trying to bite off the corkscrew to my wine bottle. Im alone too.



@ConanOBrien

Just saw a lame white guy lip-synching a Jay-Z song as I drove past the mirror store.



@JohnFugelsang

The only thing Americans hate more than the Chinese being communist is when the Chinese outdo us as capitalists.

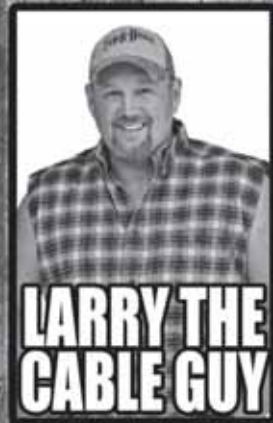
Bad boy Jesse James has been beat up enough

As far as Jesse James is concerned, it's about time everyone forgave him for cheating on Sandra Bullock. "I don't know anybody anywhere that's had to endure what I had to endure for basically infidelity," the reality TV star tells Yahoo's omg! blog. "I stood up like a man and admitted my wrongs and what I did and all that did is make every s--- tabloid everywhere across the world come after me even harder. I'm strong. I can take it."



Jesse James

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Jennifer Lopez

Lopez gives a truck: Boyfriend gets gifted

When it comes to a boyfriend's birthday, Jennifer Lopez goes big.

The singer reportedly gifted beau Casper Smart with a custom White Dodge pickup truck for his 25th birthday, according to People magazine. Lopez

"knew that Casper really wanted a truck, and Casper was very excited about the generous gift," a source says. "Casper was so excited about his new truck that he decided to drive it to dinner. She was smiling about Casper's excitement."

Kidman to play Kelly

Nicole Kidman is reportedly the front-runner to play Grace Kelly in an indie film about the actress-turned-princess' early days as a member of the royal family in Monaco, according to the Hollywood Reporter.

The film, Grace of Monaco, will be directed by La Vie en Rose helmer Olivier Dahan.

"Nearly every top actress in Hollywood chased the demanding yet coveted role," a source says, though no official deals have been made.



Nicole Kidman



Studies show what we already know: getting outside is good for you. ISTOCK PHOTOS

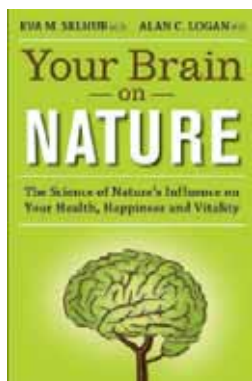
Take a fresh breath of nature and inhale the health benefits

New book. Your Brain on Nature shows the powerful influence being out in the woods has on your thinking

CELIA MILNE
life@metronews.ca

Get high on nature. Walking through a forest feels better than sitting at a desk.

Duh. That's a no-brainer. But now experts around the world are gathering hard, scientific evidence for what



we all know innately: exposure to nature has a powerful

Nature nerds

Can't get outside?

- **Decorating.** Bring the outdoors in. When decorating your home, use natural wood, but not too

much of it. Studies show the ideal amount is 30 per cent to 40 per cent of the surface area. Potted plants are great; the ideal number in an office is four.

influence on the brain.

"There isn't a single study that proves beyond question that nature is good for the brain, but rather it is the combination of all the studies," says Dr. Alan Logan, co-author of a new book called Your Brain on Nature.

His message?

"Take nature breaks and power down the smartphone." Logan is a graduate of the Canadian College of Naturopathic Medicine and now lives in Connecticut.

His co-author is Dr. Eva Selhub, a Harvard Medical School physician.

Japanese studies were

among the first to show that immersing oneself in green space, or "forest bathing," has a positive effect on stress and immunity.

Emerging studies show time spent in forests or urban parks also leads to enhanced cognitive focus and positive mental outlook, says Logan.

Why? It is partly related to chemicals released from trees called phytoncides, which have been linked to improved immunity, and partly because of invisible negative ions found near water and forests; they have been linked to brighter mental outlook.

3

LIFE

Health minute

Obesity could be worse than feared

Everybody's least favourite number, BMI (body mass index), may be totally off in calculating fat, according to a new study. However, before you get too excited, the potential inaccuracy actually underestimates body fat. According to a report in the Public Library of Science's PLoS One journal, BMI calculations, which are based on height and weight, were compared to X-ray absorptiometry — or DXA — scans, which calculates obesity based on fat-composition standard. Turns out, BMI calculations often classify people as "underweight" when the DXA scans would consider them obese, nearly four out of 10 times.

METRO WORLD NEWS

On the Web



U.S. agency warns of cancer drug counterfeit



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How to beat allergies this season

You don't have to suffer this year.

There are plenty of options out there for those who fight with seasonal allergies

MEREDITH
ENGEL

Metro World News

When you have allergies, you know how tough it can be to make it through a spring day — let alone a spring hour.

"Your body's natural defenses are overreacting to substances that are usually not harmful," says Dr. Carol G. Baum, an allergist at New York City's ENT and Allergy Associates, about how allergic reactions start. And lately, as you've probably heard, the conditions for these springtime vexations are only getting worse.

"Every year we hear that this is the worst allergy season ever, but I think there is an understanding that with climate change our winters are warmer — and certainly that was the case this year," Baum says.



There are options if you suffer from allergies. ISTOCK PHOTOS

"Because of that, the allergy seasons tend to start a little earlier and last a little longer, and also the pollen levels tend to be a little higher."

Thankfully, you can find comfort amidst the budding trees with these options to help make you breathe a little easier.

Option A: Avoidance

Simply put, learn your triggers and get out of their way. "If someone is allergic to pollen, I try to encourage them to run air-conditioning," Baum says. "If they're in the car, have the windows closed, run the air-conditioning. I always try to encourage

people not to get a home close to a highway where there's a lot of pollutants. I try to encourage pets to be out of the home and certainly out of the bedroom — you spend a third of your life sleeping in a bedroom, [and] dander can get into the bedding."

Option B: Medication

"There's a lot of medications available," Baum says. "They include oral antihistamines as well as topical antihistamines or steroids that may be applied as sprays to the nose or as drops to the eyes." The good news is you can find a combination that works best

Give it a try

One more option for those who suffer:

- **Neti pots.** Don't fear these little contraptions. Dr. Travis Stork, an emergency doc and host of *The Doctors*, assures us that their healing capabilities are legit. "Your sinuses are interconnected. The saline water is going through your sinuses and washing them up. It's mechanically washing away all the congestion during spring allergy season ... It's very refreshing."

for you.

Option C: Allergy shots

Allergen immunotherapy, or allergy shots, exposes your body to allergens in small doses. "You give minute amounts of the allergen very gradually, on a weekly basis, usually over a period of about six months," Baum says. "Then they get monthly injections for a period that can run usually between three and five years."

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Why we should eat whole grains



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MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In each issue of Best Health, our Eat Well section includes easy and delicious recipes, and also shows you the latest and most credible research into the science of foods. In our March/April issue, on newsstands now,

we outline the benefits of getting whole grains, which are a great source of fibre and protein. Adults are supposed to get six to seven servings of grains a day. Here's why:

Fight "bad" cholesterol.

Years of research shows that oats can lower the body's 'bad' cholesterol without an adverse effect on 'good' cholesterol.

Blast belly fat.

A study published in 2011 in the journal *Obesity* linked eating more soluble fibre to reduced visceral fat.

This fat is found deep in the belly surrounding vital organs; higher amounts are associated with high blood pressure, diabetes and fatty liver disease. For every 10-gram increase in soluble fibre that study participants consumed per day, visceral fat was reduced by almost four per cent.

Prevent gallstones.

A study published in the *American Journal of Gastroenterology* found that women eating the most foods high in insoluble fibre had a 17 per cent lower risk of gallstones.



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THIS WEEK: Easter Chocolate Is Great in Moderation!



Bread & Sons: Follow the brown paper bags to tastiness



Apple Walnut Beet Salad (\$6.50) and Ricotta Gouda Pizza (\$3.75). SHARI GOODMAN



LUNCH RUSH
Shari Goodman
life@metronews.ca

The people on the street carrying brown paper bags stamped with Bread & Sons were a walking advertise-

ment for this small, busy bakery. Only half a dozen stools and a few unadorned tables means you may have to take your lunch to go.

Inside, the space is taken up by the open kitchen where bandana-clad employees were pulling out freshly-baked hot cross buns and pizza from the

ovens. While I was there, the queue of customers would dwindle but soon grow again with another wave.

I filled two boxes with hot cross buns before admiring the pizza options. The ricotta gouda pizza was a generous size and the combination of ricotta and Gouda was heav-

enly. It was abundant with herb sprinkles that gently flavoured each bite.

In the salad, the grated beets, apple wedges and walnuts were buried amidst plentiful leaves of mache, but the vinaigrette was heavy on the oil and lacked lustre.

Fight the crowds at Bread & Sons and enjoy the pizza options and baked goods.

Visiting the restaurant

Bread & Sons

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Phone. 613-230-5302

Rating. 4/5

Price range. \$

Reservations. No

Lunch with co-workers. Yes

Social lunch. Yes

Quick solo lunch. Yes

Lemon Rice Pudding. A creamy, decadent and quick weeknight dessert



1. In heavy saucepan, bring rice, milk and maple syrup to simmer over medium heat, stirring often. Reduce heat to low, cover and simmer, stirring occasionally, 20 minutes. Stir in cranberries and half of rind; cover and simmer 10 minutes or until rice is soft and pudding is slightly thickened. Serve hot, warm or cold, stirring in more milk as necessary to thin. Sprinkle each serving with cinnamon and remaining rind. **DAIRY FARMERS OF CANADA/ THE CANADIAN PRESS/ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST,**

COOKBOOK AUTHOR AND TV CELEBRITY CHEF. (EMILYRICHARDSCOOKS.CA)

Ingredients

- 125 ml (1/2 cup) arborio (short grain Italian) rice
- 750 ml (3 cups) 2% milk
- 45 ml (3 tbsp) pure maple syrup
- 50 ml (1/4 cup) dried cranberries, cherries or blueberries
- 1 1/2 tsp (7 mL) grated lemon or orange rind
- Ground cinnamon

Spice up your dinner table with Chili Garlic Roasted Shrimp with Fettuccine

Rule No. 1 about spicy ingredients — you don't need to love spicy foods to love what spicy ingredients can do for the foods you do love.

That's because foods such as hot sauces can do way more than simply add mouth-searing heat. Adding just a touch will heighten the other flavours of a dish without adding noticeable spiciness.

Throughout Asia there are numerous condiments referred to as sambals. Most are made by grinding together chili peppers and vinegar. Depending on where you are, other ingredients — such as dried shrimp, fermented soy beans, brown

sugar, spices, coconut milk — may be added.

The result is a family of sauces with bright, punchy flavour and a fair amount of heat. They usually accompany meat and rice dishes and are added to taste.

The international aisle of most mainstream grocers in Canada will offer at least one or two varieties and they are worth checking out.

One of the most common is sambal oelek (also called chili paste or fresh chili paste), which is a simple blend of crushed chilies, salt and vinegar. Alongside sambal oelek, you may also find something labelled chili garlic sauce, which is sambal oelek with garlic added.

Either is a fine choice for any of these recipe ideas. The flavours are intense, slightly acidic and almost pungently sweet.

Like most vinegar-based condiments, sambals can be refrigerated for months after opening (most are marked with "best by" dates).

One caution — the word sambal also sometimes refers to a spicy dish. You're looking for the condiments, which are sold in plastic and glass jars.

The condiment is a great

Chili Garlic Roasted Shrimp with Fettuccine



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

addition to give this dish an added kick.

1. In a large bowl, mix together oil, salt, pepper and sambal. Add shrimp and toss well.

2. Transfer shrimp, as well as any sauce in the bowl, to a

rimmed baking sheet. Roast in 230 C (450 F) oven for 5 to 7 minutes or until pink and firm.

3. Meanwhile, in large pot of boiling salted water cook pasta for about 5 minutes or until tender but firm. Drain reserving 60 mL (1/4 cup) of the cook-

ing water.

4. In a large bowl, combine pasta and shrimp. Use a silicone spatula to scrape any liquid from baking sheet into the bowl. Toss well.

5. Sprinkle cheese and green

onions over pasta and shrimp, as well as a bit of the reserved pasta cooking water to moisten. Toss until cheese is melted. **THE ASSOCIATED PRESS/ ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA**

Ingredients

- 30 ml (2 tbsp) olive oil
- 5 ml (1 tsp) kosher salt
- 2 ml (1/2 tsp) freshly ground black pepper
- 15 ml (1 tbsp) sambal oelek or chili garlic sauce
- 500 g (1 lb) large raw shrimp, shells and veins removed
- 1 pkg (340 g/12 oz) fresh fettuccine
- 125 ml (1/2 cup) grated Parmesan cheese
- 3 green onions, chopped

Funeral etiquette



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Because my ex-husband is angry and uncivil, I have not been in communication with my ex-in-laws since our divorce. We were together for more than 20 years and have children. When there is a death or

illness in that family, what protocol should I follow? It would seem strange for me to ignore it or not attend a funeral. Please advise.

Hello. As you are experiencing, anger and lack of civility is unfortunately common after a difficult divorce, and now translating that into dealing with former family members

for such things as death becomes really tough. Even worse, the stress and unease of death makes many people react in an irrational and difficult way.

So back to your question; what should you do when you wish to attend a funeral of a divorced partner? Remember going to a funeral generally has two objectives:

1. To assist you with your



Divorces can sometimes make attending a funeral a difficult process. ISTOCK

personal grieving process.

2. To assist the family and be supportive of them through their grieving process.

If it is a large public funeral, you should feel free to attend. However, if this is a small or private funeral I think it's best you speak with the next of kin (ideally the head of the family of the deceased or your former husband or in-laws etc.).

First express your condolences and ask if they would feel comfortable with you attending the funeral, since you knew and loved the deceased for more than 20 years.

If they say yes, then attend the funeral, but out of

respect for your ex-husband and children, keep a low profile.

You are there to pay respects to the person who has just died.

In the event that the family says no, then don't make a big deal about it. You can celebrate this person's life in several ways: have a church mass said in this person's name or make a small donation to a hospital or organization in the name of the deceased.

Finally no matter what the scenario is, write a note of condolence to each of the family members you are close with. This is the nicest and most gracious way to think of the living and the dead at the same time.

Two Sisters. Friends with flirting benefits



TWO SISTERS
Andrea and Claire
Life@metronews.ca

Dear sisters, I've been friends with a smart, gorgeous girl for two years now. All our friends always said we'd make a good couple if we were both single. But because she had a long-term boyfriend and I'd been dating, we just exchanged dating stories and flirted a little, but it was "safe" because we were both taken. Now she's single and so am I, and she's sowing her wild oats and still uses me as a confidant. Am I doomed to be her BFF? Boy not friend.

Claire: Dear BNF,

Don't you wish life were like the movies, so that one of your mutual friends would get her drunk then shout "Can't you tell your true love is right in front of you?" after which she would show up at your house declaring her lust for you?

Basically you two have become friends with flirting benefits. The question

is whether you can become more of a flirtation with friendship benefits. Turning it around takes guts and confidence on your part: you need to let her know you're into her without doing it so bluntly that you risk losing the friendship if she's not into being more than a friend.

Either way, you're in each other's lives.

Andrea: Dear BNF,

Ever hear of the Ladder Theory? Guys have one ladder for all women that they hopefully aren't related to: the higher up she is, the more he wants to sleep with her.

Girls, on the other hand, have two ladders: one is the "friend" ladder because unlike guys, we naively think we can have a platonic relationship with the opposite gender. The other is the standard dating ladder. Between them is the Pit of Doom.

Friends like you often try to jump ladders and fall into the pit, never to be seen again. So, if you can handle utter and total rejection, go for it.

If not, let her keep you on the top rung of friends.

Is it so bad to be around a gorgeous girl without all the messy emotions of a relationship?

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News worth sharing.

Small savings, big payoff: 5 easy steps to an extra \$2,000 RRSP contribution

It's not rocket science. A few little tricks can help you maximize your RRSP contribution before next year's deadline



YOUR MONEY
Alison Griffiths
money@metronews.ca

You've finished your tax return and you're upset because the refund is less than you hoped. But you're also annoyed with yourself because you didn't maximize your RRSP contributions.

There's not much you can

Alison's money rule

"Small monthly changes now add up to a bigger RRSP contribution."

do for 2011 but you still have over 10 months to find an extra \$2,000 to ease next year's tax burden. (The following advice is for those who have their debt load under control. If not do the same thing but divert the money to your debts.)

1. Devote some of your tax refund to your RRSP (\$750)

Last year, according to the Canadian Revenue Agency, the average refund was \$1,506, most from payroll deductions. Take half of that and put it into your RRSP.

2. Increase your monthly RRSP contributions by \$50 (\$500 annually based on the 10 remaining contribution months)

If you haven't already enrolled in an automatic RRSP payroll deduction program, start one at \$50 a month. If one is in place increase the deduction by \$50.

3. Save your coins (\$250)

This is an easy and painless way to build up excess



This little piggy can help you with step #3. ISTOCK IMAGES

cash. Put a container in the entranceway of your house and empty your pocket or purse each time you enter the house. Count it up monthly and take it to the bank. Try a little coin-saver dance with each deposit.

People will think you are weird but remember, you're laughing all the way to the bank.

4. Windfalls (\$225 annually)

Ask your parents, grand-

parents and siblings for cash gifts instead of those icky ties and dreadful drugstore bath sets. Explain why and most will be delighted to have that chore lifted from their shoulders.

Think long-term

Here's a cool 20-year plan:

- **\$70,000.** Contributing an extra \$2,000 annually will increase your retirement savings by nearly \$70,000 in 20 years (assuming a five per cent average rate of return).

5. Eliminate one non-necessity a week (\$275)

Almost everyone spends money on something they like but don't need. For example, cut out one specialty coffee, restaurant lunch, takeout meal or magazine a week.

Make these five steps a habit and you'll be well on your way to cutting your taxes and beefing up your retirement savings.

ALISON GRIFFITHS IS THE AUTHOR OF **COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM**

Home selling tips

Sleepless in suburbia



FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
@Lesliescorgie on Twitter

After two years of deliberation, I listed my house for sale this week. Though I love my place, I have been dreaming of inner city living for years — walking to work, biking to the grocery store, spending less time driving and more time enjoying life.

Listing my property was the easy part. But, my nerves are keeping me up at night. Will my property sell? Can I afford a more expensive home? To reduce my anxiety, I've adopted frugal home-buying basics.

First, buying an affordable home starts with knowing what your budget can handle. I spent three hours last Monday running various budget scenarios addressing monthly mortgage payments, property taxes and more. Using an online banking calculator, I determined the maximum home value I can afford within my desired budget.

I sat down with my mortgage broker on Wednesday to get a pre-approved mortgage. Surprisingly, I was approved for over one hundred thousand dollars more than what



Frugal home buying basics can help you avoid home poverty. ISTOCK IMAGES

I thought I could afford. But, I'm going to stick with my original budget and avoid home poverty.

On Thursday I started researching mortgage rates for two reasons; first was to fine-tune my budget calculations and second was to prepare myself for an imminent interest rate negotiation when I'm ready to formalize a mortgage. Current mortgage rates are historically low, making payments more affordable.

Friday was the first day I looked at new properties and the day my existing home became available for showings

to potential buyers. Though I didn't find my dream home, nor did my house sell, I found it valuable to see what's available in the market.

Because of my moderate tolerance for risk, it's become clear to me throughout this weekend that my personal preference is to sell my existing home before I make an offer on a new one. That way I won't end up financially strapped; carrying two homes accidentally.

Getting organized and being frugal is calming my nerves and restoring my sleep.

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4

SPORTS

Lokomotiv tragedy

Russian club finds coach for rebuild

After becoming the new head coach of Lokomotiv Yaroslavl, Tom Rowe was intent on looking ahead to a bright future rather than focusing on the Russian team's tragic past. The 55-year-old American accepted the job with the rebuilding KHL team on Monday after spending more than a decade working in various roles for the Carolina Hurricanes organization. "It's a great opportunity for me," Rowe told *The Canadian Press*. "My family and I are very comfortable with it and looking forward to it."

Lokomotiv is expected to rejoin the KHL next season after spending a year recovering from the September plane crash that killed 44 people, including the entire team and coaching staff. The job opportunity came with a phone call from former NHL executive Mike Smith, who is helping with the Lokomotiv's rebuilding efforts and wanted to see if Rowe would be interested in the position. He later went through an interview with team president Yuri Yakovlev.

THE CANADIAN PRESS

On the web



Hockey Canada has hand-picked a talent-packed club full of NHL stars for next month's IIHF World Hockey Championship, but a certain 60-goal scorer has yet to confirm. Scan the code for the story.

Sens not focused on seeds ahead of clash in Big Apple

NHL. Ottawa looking for strong start on road vs. conference's top team

The Ottawa Senators open the NHL playoffs against the top-seeded team in the East in one of the most historic arenas in the league.

But the Senators haven't been intimidated by the New York Rangers and Madison Square Garden this season.

Eighth-place Ottawa won the season series 3-1, including both road games. If they hope to have any success in the best-of-seven series against New York, they will need to take advantage of starting on the road.

Game 1 is Thursday with Game 2 scheduled for Saturday. The series shifts to Ottawa on Monday.

"When you start on the road, if you can get off to a good start it can put pressure on the other team," Ottawa forward Jason Spezza said Monday. "We feel we can play with anybody, but we know they're the top team."

Overall, Ottawa was better on the road in the regular season (21-14-6) than at home (20-17-4). The Senators have the worst home record of any of the 16 teams to qualify for

the post-season.

Senators captain Daniel Alfredsson realizes getting by the Rangers will be a big challenge, but he admits playoffs are a time for upsets.

He's experienced it before.

In 1998, the eighth-place Senators eliminated the New Jersey Devils in six games.

"We go in believing we can win, but we also realize it's going to take a huge effort from everyone and everyone's going to have to play well," said Alfredsson.

The series holds extra importance for the captain given it could be his final trip to the playoffs should he choose to retire following the season.

"I'm going to treat it as such (my last playoffs)," said Alfredsson. "Who knows even if I play next year, if we would get back to the playoffs, so you just want to make sure you enjoy it and make the most of it and just play your hearts out."

Only Alfredsson and Chris Phillips remain from that 1998 team that upset New Jersey, but the Senators boast a number of players with post-season experience, and while head coach Paul MacLean has playoff experience as a player and an assistant coach this will be his first experience as a head coach. **THE CANADIAN PRESS**

Goalie duel

The Senators will need a huge series by Craig Anderson in goal.

- New York's Henrik Lundqvist posted career bests this season with 39 wins, a 1.97 goals-against average and .930 save percentage.

- The Swede also has more playoff experience with a 15-20 record through 35 games.

- Anderson has just six playoff games to his credit. With the Colorado Avalanche in 2010 he faced the San Jose Sharks where he went 2-4.



The Senators celebrate the game-winning goal by teammate Daniel Alfredsson in Montreal earlier this season. Ottawa's strong record away from Scotiabank Place should bode well for their first-round matchup with the Eastern Conference's top-seeded New York Rangers. **RICHARD WOLOWICZ/GETTY IMAGES FILE**

NBA

Mavs put Odom on inactive list

The Dallas Mavericks and Lamar Odom are done with each other.

The reigning Sixth Man of the Year and the defending NBA champions who are trying to make sure they get back to the playoffs ended their partnership Monday after an overwhelming 50-games.

"We've got to be able to look down that bench and count on folks to be consistent," general manager Donnie Nelson said. "Unfortunately with him in his state right now, he's just not capable of doing that."

THE ASSOCIATED PRESS

NFL. Goodell upholds penalties in bounty case

Sean Payton now knows for certain he won't be coaching in 2012.

And the New Orleans Saints must figure out whether Bill Parcells or someone else is best suited to take over their team.

NFL commissioner Roger Goodell on Monday rejected the Saints' appeals of their unprecedented punishment stemming from the NFL's investigation of the club's bounty system. The program offered cash bonuses for big hits that knocked opponents out of games or hurt them enough that they had to be helped to the sideline.

Payton's suspension begins

Saints coach search

Sean Payton's suspension was supposed to begin April 1, but he was allowed to continue working during his appeal, delaying plans to select an interim coach.

Monday and runs through the Super Bowl in New Orleans. Goodell upheld bans of eight games for GM Mickey Loomis and six games for assistant coach Joe Vitt, along with a \$500,000 US fine and the loss of second-round draft picks for two years. **THE ASSOCIATED PRESS**

NHL. Sedin returns to ice as Canucks prep for Kings

The Vancouver Canucks' leading goal-scorer Daniel Sedin returned to the ice Monday after missing nine games with a concussion.

Sedin led Vancouver with 30 goals before being elbowed by Duncan Keith in a 2-1 loss to Chicago on March 21. Keith was suspended five games for the hit.

Sedin was on the ice Monday before his teammates began their scheduled practice and remained with them, although there was no indication he would be ready for the Vancouver's first playoff game Wednesday against the Los Angeles Kings. **THE CANADIAN PRESS**



Daniel Sedin
DOUG PENSINGER/GETTY IMAGES FILE

NATIONAL HOCKEY LEAGUE

STANLEY CUP PLAYOFFS

FIRST ROUND

CONFERENCE QUARTER-FINALS

(Best-of-7) — All Times Eastern

EASTERN CONFERENCE

N.Y. RANGERS (1) VS. OTTAWA (8)

Thursday's game

Ottawa at N.Y. Rangers, 7 p.m.

Saturday's game

Ottawa at N.Y. Rangers, 7 p.m.

Monday, April 16

N.Y. Rangers at Ottawa, 7:30 p.m.

Wednesday, April 18

N.Y. Rangers at Ottawa, 7:30 p.m.

Saturday, April 21

x-Ottawa at NY Rangers, 7 p.m.

Monday, April 23

x-N.Y. Rangers at Ottawa, TBD

Thursday, April 26

x-Ottawa at N.Y. Rangers, TBD

Monday, April 23

x-Ottawa at N.Y. Rangers, TBD

Thursday, April 26

x-Ottawa at N.Y. Rangers, TBD

Monday, April 23

x-Ottawa at N.Y. Rangers, TBD

Thursday, April 26

x-Ottawa at N.Y. Rangers, TBD

Monday, April 23

x-Ottawa at N.Y. Rangers, TBD

Thursday, April 26

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Monday, April 23

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Thursday, April 26

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Monday, April 23

x-Ottawa at N.Y. Rangers, TBD

Thursday, April 26

x-Ottawa at N.Y. Rangers, TBD

Monday, April 23

x-Ottawa at N.Y. Rangers, TBD

ST. LOUIS (2) VS. SAN JOSE (7)

Thursday's game

San Jose at St. Louis, 7:30 p.m.

Saturday's game

San Jose at St. Louis, 7:30 p.m.

Monday, April 16

St. Louis at San Jose, 10 p.m.

Thursday, April 19

St. Louis at San Jose, 10:30 p.m.

Saturday, April 21

x-San Jose at St. Louis, 7:30 p.m.

Monday, April 23

x-St. Louis at San Jose, TBD

Wednesday, April 25

x-San Jose at St. Louis, TBD

Thursday, April 19

PHOENIX (3) VS. CHICAGO (6)

Thursday's game

Chicago at Phoenix, 10 p.m.

Saturday's game

Chicago at Phoenix, 10 p.m.

Tuesday, April 17

Phoenix at Chicago, 9 p.m.

Thursday, April 19

Phoenix at Chicago, 8 p.m.

Saturday, April 21

x-Chicago at Phoenix, 10 p.m.

Monday, April 23

x-Phoenix at Chicago, TBD

Wednesday, April 25

x-Chicago at Phoenix, TBD

Thursday, April 19

NASHVILLE (4) VS. DETROIT (5)

Thursday's game

Detroit at Nashville, 8 p.m.

Friday's game

Detroit at Nashville, 7:30 p.m.

Sunday's game

Nashville at Detroit, 12 p.m.

Tuesday, April 17

Nashville at Detroit, 7:30 p.m.

Friday, April 20

x-Detroit at Nashville, 8 p.m.

Sunday, April 22

x-Nashville at Detroit, TBD

Thursday, April 20

x-Detroit at Nashville, TBD

Monday, April 23

x — played only if necessary.

Friday's game

Detroit at Nashville, 7:30 p.m.

Sunday's game

Nashville at Detroit, 12 p.m.

Tuesday, April 17

Nashville at Detroit, 7:30 p.m.

Friday, April 20

x-Detroit at Nashville, 8 p.m.

Sunday, April 22

x-Nashville at Detroit, TBD

Thursday, April 20

x-Detroit at Nashville, TBD

Monday, April 23

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Friday's game

Detroit at Nashville, 7:30 p.m.

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Nashville at Detroit, 12 p.m.

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Nashville at Detroit, 7:30 p.m.

Friday, April 20

x-Detroit at Nashville, 8 p.m.

Sunday, April 22

x-Nashville at Detroit, TBD

Thursday, April 20

x-Detroit at Nashville, TBD

Monday, April 23

x — played only if necessary.

Friday's game

Detroit at Nashville, 7:30 p.m.

Sunday's game

Nashville at Detroit, 12 p.m.

Tuesday, April 17

Nashville at Detroit, 7:30 p.m.

Friday, April 20

x-Detroit at Nashville, 8 p.m.

Sunday, April 22

x-Nashville at Detroit, TBD

Thursday, April 20

x-Detroit at Nashville, TBD

Monday, April 23

x — played only if necessary.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Baltimore	3	0	1.000	—
Tampa Bay	3	0	1.000	—
Toronto	2	1	.667	1
Boston	0	3	.000	3
New York	0	3	.000	3

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	3	0	1.000	—
Kansas City	2	1	.667	1
Chicago	1	2	.333	2
Cleveland	1	2	.333	2
Minnesota	0	4	.000	3½

WEST DIVISION

	W	L	Pct	GB
Seattle	3	1	.750	—
Texas	2	1	.667	½
Los Angeles	2	2	.500	1
Oakland	1	3	.250	2

Yesterday's results

L.A. Angels 5 Minnesota 1
Chicago White Sox at Cleveland
N.Y. Yankees at Baltimore
Boston at Toronto
Seattle at Texas
Kansas City at Oakland
Sunday's results
Cleveland 4 Toronto 3
Baltimore 3 Minnesota 1
Detroit 13 Boston 12 (11 innings)
Kansas City 7 L.A. Angels 3
Tampa Bay 3 N.Y. Yankees 0
Texas 5 Chicago White Sox 0
Today's games — All Times Eastern
Tampa Bay (Moore 0-0) at Detroit (Porcello 0-0), 1:05 p.m.
Chicago White Sox (Humber 0-0) at Cleveland (Gomez 0-0), 7:05 p.m.
N.Y. Yankees (Garcia 0-0) at Baltimore (Chen 0-0), 7:05 p.m.
Boston (Bard 0-0) at Toronto (Drabek 0-0), 7:07 p.m.
Seattle (Beavan 0-0) at Texas (Feliz 0-0), 8:05 p.m.
Kansas City (Duffy 0-0) at Oakland (Godfrey 0-0), 10:05 p.m.
Tomorrow's games
Chicago White Sox at Cleveland, 12:05 p.m.
Boston at Toronto, 12:37 p.m.
Tampa Bay at Detroit, 1:05 p.m.
Kansas City at Oakland, 3:35 p.m.
N.Y. Yankees at Baltimore, 7:05 p.m.
Seattle at Texas, 8:05 p.m.
L.A. Angels at Minnesota, 8:10 p.m.

Today's games — All Times Eastern

Tampa Bay (Moore 0-0) at Detroit (Porcello 0-0), 1:05 p.m.
Chicago White Sox (Humber 0-0) at Cleveland (Gomez 0-0), 7:05 p.m.
N.Y. Yankees (Garcia 0-0) at Baltimore (Chen 0-0), 7:05 p.m.
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Kansas City at Oakland, 3:35 p.m.
N.Y. Yankees at Baltimore, 7:05 p.m.
Seattle at Texas, 8:05 p.m.
L.A. Angels at Minnesota, 8:10 p.m.

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N.Y. Yankees (Garcia 0-0) at Baltimore (Chen 0-0), 7:05 p.m.
Boston (Bard 0-0) at Toronto (Drabek 0-0), 7:07 p.m.
Seattle (Beavan 0-0) at Texas (Feliz 0-0), 8:05 p.m.
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Seattle at Texas, 8:05 p.m.
L.A. Angels at Minnesota, 8:10 p.m.

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Chicago White Sox (Humber 0-0) at Cleveland (Gomez 0-0), 7:05 p.m.
N.Y. Yankees (Garcia 0-0) at Baltimore (Chen 0-0), 7:05 p.m.
Boston (Bard 0-0) at Toronto (Drabek 0-0), 7:07 p.m.
Seattle (Beavan 0-0) at Texas (Feliz 0-0), 8:05 p.m.
Kansas City (Duffy 0-0) at Oakland (Godfrey 0-0), 10:05 p.m.
Tomorrow's games
Chicago White Sox at Cleveland, 12:05 p.m.
Boston at Toronto, 12:37 p.m.
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Kansas City at Oakland, 3:35 p.m.
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NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	3	0	1.000	—
Washington	2	1	.667	1
Miami	2	3	.400	2
Philadelphia	1	3	.250	2½
Atlanta	0	3	.000	3

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	3	1	.750	—
Cincinnati	2	1	.667	½
Houston	2	1	.667	½
Pittsburgh	2	1	.667	½
Chicago	1	2	.333	1½
Milwaukee	1	2	.333	1½

WEST DIVISION

	W	L	Pct	GB
Arizona	3	0	1.000	—
Los Angeles	3	1	.750	½
Colorado	1	3	.250	2½
San Diego	1	3	.250	2½
San Francisco	1	3	.250	2½

Yesterday's results

Miami 6 Philadelphia 2
San Francisco 7 Colorado 0
Milwaukee at Chicago Cubs
St. Louis at Cincinnati
Washington at N.Y. Mets
Atlanta at Houston
Sunday's results
Arizona 7 San Francisco

NHL. Yakupov sits atop rankings ahead of lottery

Sarnia Sting forward Nail Yakupov was listed as the top North American-based skater in the draft final rankings released by NHL central scouting Monday.

The 18-year-old from Nizhnekamsk, Russia, recorded 31 goals and 69 points in 42 games for the Ontario Hockey League's Sting during an injury-shortened 2011-12 season. Last season, he finished tied for fourth in the OHL with 101 points.

If Yakupov is picked first overall at the June 22 draft in Pittsburgh he would be the fifth OHL player selected No. 1 overall in the last six drafts.

The top European-based skater is Swedish forward Filip Forsberg, who plays for Leksand in his country's domestic league.

The six-foot-two centre had eight goals and 17 points in 43 games between Leksand and its junior team last season. He won gold for Sweden at this year's world junior championships.

The draft lottery, a weighted system to determine the order of selection for the first 14 picks, will take place Tuesday night. **THE CANADIAN PRESS**



Nail Yakupov with Team Russia during the 2012 world junior hockey championship in Calgary.

RICHARD WOLOWICZ/GETTY IMAGES FILE

Lottery bound?

Other players expected to be drafted in the top five:

- Defenceman Ryan Murray of the WHL's Everett Silvertips, Russian centre Mikhail Grigorenko of the QMJHL's Quebec Remparts, defenceman Morgan Rielly of the WHL's Moose Jaw Warriors and Alex Galchenyuk of the Sting.



Blue Jays open for business in Toronto

Toronto starting pitcher Henderson Alvarez throws out the first pitch of the Blue Jays' home opener against the Boston Red Sox in Toronto on Monday night. Go to metronews.ca for the game story.

FRANK GUNN/THE CANADIAN PRESS

MLB

Wilson gets win in first Angels start

C.J. Wilson won his Angels debut with seven smooth innings, giving Los Angeles all the boost it needed to beat the Twins 5-1 on Monday and spoil Minnesota's home opener. Wilson (1-0) allowed three hits while striking out five, giving up only a home run to Josh Willingham.

Albert Pujols didn't get a ball out of the infield in four at-bats, but reached on a fielder's choice and scored the Angels' first run.

THE ASSOCIATED PRESS

NBA

Injury keeps Kobe off court again

Kobe Bryant was scratched from the Los Angeles Lakers' lineup before Monday's game in New Orleans with a left shin injury that also sidelined him two nights earlier. Lakers coach Mike Brown says Bryant's injury requires rest and it is not yet clear whether the Lakers star will return.

THE ASSOCIATED PRESS

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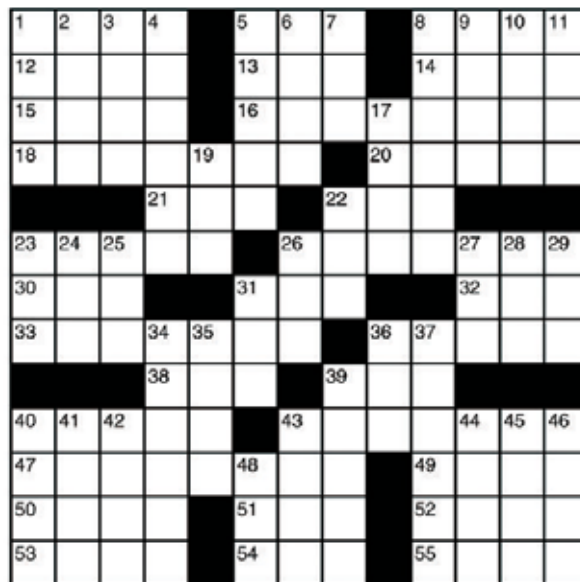
Crossword

Across

- 1 Charitable donations
- 5 Vacillate
- 8 Stylish
- 12 Castle protection
- 13 "Birds — feather ..."
- 14 Car
- 15 Gymnast Korbut
- 16 Shirk work
- 18 Greasy-spoon waitress, e.g.
- 20 Travelocity mascot
- 21 Buddhist sect
- 22 Lennon's lady
- 23 Hickory nut
- 26 Playboy
- 30 "That's relaxing"
- 31 Hasten
- 32 In olden days
- 33 Old washer attachment
- 36 Mountaineer's spike
- 38 Einstein's birthplace
- 39 Bart, to Homer
- 40 Remark to the audience
- 43 Brandy cocktail
- 47 TV slugfest host
- 49 Nastase of tennis
- 50 Calendar abbr.
- 51 Parisian pal
- 52 Dweeb
- 53 "Meet Me — Louis"
- 54 "Great Expectations" lad
- 55 Turns right

Down

- 1 Andy's pal
- 2 Lounge about
- 3 Creche trio
- 4 Verse
- 5 19th Amendment beneficiaries
- 6 Somewhere out there
- 7 Four qts.
- 8 Big gun
- 9 "Les Miserables" author
- 10 Couple, in a gossip column
- 11 Heart of the matter
- 17 "Aqua et — interdictus"
- 19 Army rank (Abbr.)
- 22 Have bills
- 23 Handle roughly
- 24 Listener
- 25 Greek X
- 26 Round Table address
- 27 Roscoe
- 28 Id counterpart
- 29 Director Howard
- 31 Height of fashion?
- 34 You can't pin anything on him!
- 35 Singer Campbell
- 36 Luau bowlful
- 37 Diamond period
- 39 Divest



- 40 Italian wine region
- 41 Twirled
- 42 Enrages
- 43 Big rig

- 44 Merriment
- 45 Green land
- 46 Cincinnati team
- 48 Space

Yesterday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

F N W O S M Z B A W R U W P
J B C N I Z N C F A B D K P ' T S I S O D W
U I D F N W S F F . O N T N W O N E E A S
E N E K S J U F A U W P J U M M S R .
Yesterday's Cryptoquip: IF YOU'RE PLANTING
SOME CONIFEROUS TREES, IT'S POSSIBLE THAT
YOU MIGHT BE A CEDAR SEEDER.
Today's Cryptoquip Clue: E equals T

Horoscope

- ♈ Aries | March 21 - April 20.**
Today is the ideal time to think about what you want to do with your life.
- ♉ Taurus | April 21 - May 21.**
Your rather reserved exterior masks a passionate heart and with Pluto, planet of passion, moving in your favour today you will surely find something to get worked up about.
- ♊ Gemini | May 22 - June 20.**
There is more to leadership than giving orders.
- ♋ Cancer | June 21 - July 22.**
Chances are you will be more assertive than normal today, and not everyone will be pleased with that fact.

- ♌ Leo | July 23 - Aug. 22.** For some reason you appear to believe that others are ganging up on you. It's not true.
- ♍ Virgo | Aug. 23 - Sept. 22.** Differences with partners and colleagues and family members have been rather intense of late, but with Pluto now moving in your favour again you will realize that most of them are simply not worth the worry.
- ♎ Libra | Sept. 23 - Oct. 22.** It may annoy you intensely that certain people are taking their time and dragging their feet but what can you do? Don't let your frustration show.
- ♏ Scorpio | Oct. 23 - Nov. 21.**

- You will be more open and approachable than usual.
- ♐ Sagittarius | Nov. 22 - Dec. 21.** A colleague will make a proposal that is actually quite risky sound like the best offer you've ever had. Hopefully you won't fall for it.
- ♑ Capricorn | Dec. 22 - Jan. 20.** Pluto in your sign makes you ultra intense — but only be intense about the right things.
- ♒ Aquarius | Jan. 21 - Feb. 18.** Think hard before diving into a situation you know little about. You can't save everyone you know.
- ♓ Pisces | Feb. 19 - March 20.** There have been far too many lies and deceptions lately. Don't get fooled again. **SALLY BROMPTON**

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today

7°/1°
 Showers
60%

Wednesday

8°/2°
 Showers
40%

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"101 Dalmatians have nothing on us."

Nancy

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Karat | Price/gram

1 ounce (9999) Maple Leaf Coins (sealed)	\$1,566.71/coin
9999 Canada Maple leaf, less than 1 ounce	\$50.38/g
24k Jewellery	\$39.56/g
22k	\$36.24/g
E. Indian/Nuggets	\$32.13/g
18k	\$29.67/g
14k and dental	\$23.07/g
10k	\$16.46/g
9k	\$14.84/g
8k/antique gold	\$9.89/g

Gold Bar Buying Prices

Gold Bars | Buy Price

Gold 1 ounce (Recognized)	\$1,509.29
Gold 10 ounce (Recognized)	\$15,010.92
Gold 1kg (Recognized)	\$48,260.12
Gold bars, less than 1 ounce (Recognized)	\$48.27/g
999 Gold bar (Unrecognized)	\$46.95/g

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Maple Leaf (1 ounce Silver)	\$30.36/coin
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Stamped Sterling Silver Jewellery	\$0.60/g
Mexican Silver stamped 925	\$0.51/g
Stamped 800 Silver	\$0.50/g
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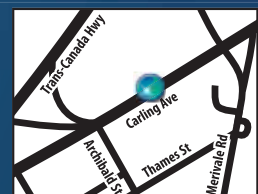
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